



# Educator Guide: Balancing Act Game

## **Recommended for Grades:**

1<sup>st</sup> grade

## **Time:**

3 minutes

## **Prerequisites:**

For students to be successful in the game, they would benefit from participating in the following lessons:

- Activity Pyramid Lesson (1<sup>st</sup> grade)
- Go and Whoa Foods Lesson (1<sup>st</sup> grade)

## **National Health Education Standards:**

This activity aligns with the following National Health Education Standards:

- Standard 1: Use functional health information to support health and well-being of self and others.

For more information about the National Health Education Standards, visit the SHAPE America website: [shapeamerica.org](http://shapeamerica.org).

## **Learning Objectives:**

After completing this activity students will be able to:

1. Name one physical activity that they enjoy.
2. Name one physical activity they could do instead of watching TV or playing video games.

## **Activity Description:**

Balancing Act demonstrates the importance of getting the right amount to eat based on exercise level. In this game, students can choose as many as three snacks and as many as three forms of exercise for Carly to see if her activity level and nutrition level balance. Students can add and remove foods and activities to experiment with different combinations. Encourage students to notice how go foods and whoa foods require different amounts of exercise to achieve balance.



**Vocabulary:**

Use the following list of vocabulary as a reference for yourself or your students as you complete the Balancing Act Game. You may choose to use this list in any way that fits your needs.

- Balance – eating a variety of foods in appropriate amounts while getting a healthy amount of physical activity so your body has everything it needs
- Go foods – foods that you can eat almost any time because they're good for you
- Physical activity – an activity that makes your body move a lot
- Whoa foods – foods that you shouldn't eat very often because they're not very good for you

# Supplemental Activity: Try it Out

## Objectives:

After completing this activity students will be able to:

- Track food they eat and activities they do for a day.

## Materials Needed:

- Try it Out! Worksheet (found on the next page or the Balancing Act Game webpage on the E-Learning Center)

## Time Required:

20 minutes

## Instructions:

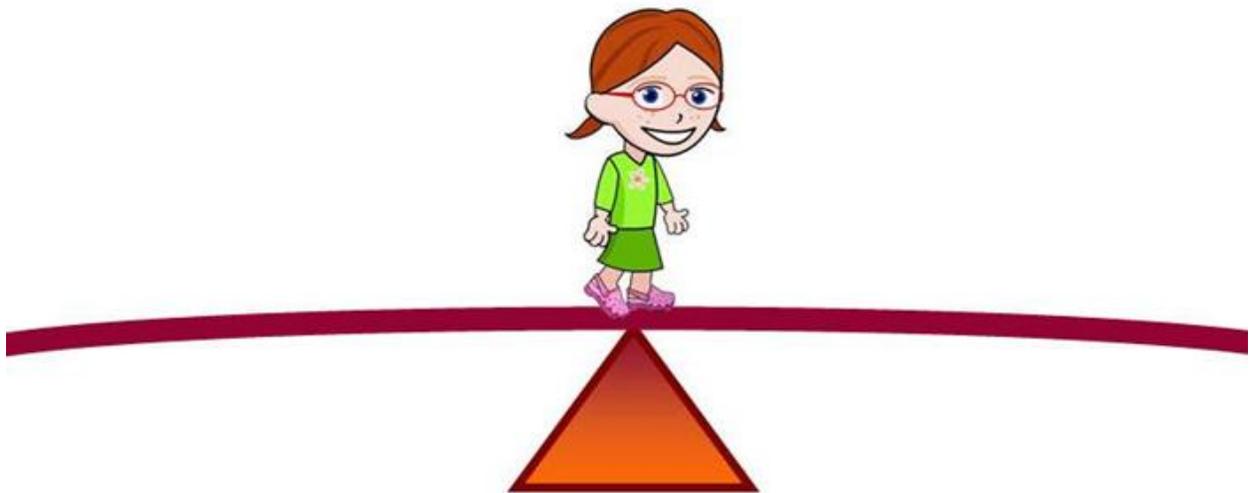
Review with students the importance of balancing their food choices with their activity choices. Discuss how choosing less healthy foods (whoa foods) will require more activity to balance things out.

Give each student a copy of the Try it Out! Worksheet. Students should draw what they ate for lunch on one side of the scale. Then, ask them to pay attention to all the activities they do that afternoon, including recess, walking home from school, walking the dog, watching TV, etc. Have students draw pictures to represent those activities on the other side of the scale. How many students feel their food choices and physical activities balanced out? If students didn't feel their choices balanced out, are there different choices they could have made? Could they go on a family walk after dinner instead of watching TV? Or choose a healthier lunch?

# Try it Out Worksheet

Name: \_\_\_\_\_

Now it's time for you to balance your food and activity choices, just like Carly. On the left side of the scale draw the foods you ate for lunch. On the right side of the scale draw the activities you did after school. Do you think they balance?



# Transcript

## Instructions

Carly: I have to be active every day so I can use up the energy from the food I eat. That's called balance. But you probably know that already! Where you live, I'm sure there's lots of choices of what to do and what to eat. Not here in outer space, though. Can you help me figure out how to balance my snacks with some fun activities? Click the Start button to try it!

Narrator: Click a food to add it to the left side of the scale. Click an activity to add it to the right side of the scale. The scale balances when the foods on it give Carly energy to do the activities she likes. Click the 'clear all' button to start over.

## Balanced

Carly: All right! I feel great. I did some fun activities and then I had a yummy snack.

Narrator: Click the clear all button to start over.

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